October 27-November 2, 2023

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News from Oak Ridge Unitarian Universalist Church

The Exponent



Stone Soup is Today!

Stone Soup

FREE Community Meal! DINE IN! Take out meals available

Friday, Oct. 27



This Friday, Oct. 27 at 5:30 p.m., **ORUUC** is serving its free community Stone Soup meal! Stop by to enjoy some delicious, hot Brown Rice and Vegetable Soup with Chicken, Fresh Fruit, and Oatmeal Scotchies. This is our 13th year of serving this meal, in conjunction with our community partners, the Jewish Congregation of Oak Ridge and Kroger Marketplace. Diners can park and come inside the Social Hall to enjoy a meal with others, or walk in to pick up a takeout meal for themselves or family members, a neighbor, or friend. Meals will be available from 5:30 to 6:30, or until supplies run out. All are welcome!

Welcome, Alexandra Engle, ORUUC's New Music Director! Rev. Lisa Romantum Schwartz, Interim Minister

It's with great pleasure that I share some exciting news with you: ORUUC has a new Music Director! Many ORUUCians already know Alexandra Engle from her work with the Pride Festival chorus and some vocal workshops that she has led in our church. Some of ORUUC members have had private voice lessons with Alexandra, too; she's been a busy vocal teacher since 2016.

Alexandra has been serving as the Music Director at the Church of the Savior in Knoxville since 2015, and has a lot of experience selecting a diverse body of music in a wide range of styles. She and her husband attended ORUUC for a while before she got that "Sunday gig," so she's well acquainted with the Unitarian Universalist hymnals and with how our musical preferences align with our deeper values.

Alexandra has a Bachelor of Music in Classical Vocal Performance from Belmont University in Nashville, and a Master of Music in Voice from UT Knoxville. She spent six years as a



Alexandra Engle

professional opera singer.

Our interview team (thanks, Kara Raymond and Heidi Brenner!) asked Alexandra to lead the ORUUC choir as part of the interview process, and the group had fun and learned a lot. The choir and music team, as well as the Worship Planning Team, look forward to working with Alexandra.

We won't see Alexandra on Sundays just yet as she's transitioning from her role at Church of the Savior. But if you've been thinking about joining (or coming back to) the choir, now's a great time!

This Sunday, Oct. 29 Welcoming the Spirits of our Ancestors

It is part of our tradition this season to honor our ancestors. It is said that the early Celts believed that, as the sun disappears and the days grow darker and colder the spirits of those who died this past year would return to their families - haunting them, scaring them, tricking them. Halloween is our latter-day version of this celebration. Guest Speaker Jane Flanagan will lead worship today, with help from the Embers (Earth Mindfulness Based on Earth Religions and Spirituality) group. *Please bring photos or mementos of loved ones who have passed to share at the altar.*

Worship with us at 10 a.m. in person or on Zoom. Zoom door opens at 9:45 a.m. Go to <u>Sunday Worship Info — ORUUC</u> for Zoom information. The Order of Service may be found <u>here</u>. Email or Text Prayer Requests to <u>prayers@oruuc.org</u>

October 29, 2023 Welcoming the Spirits of our Ancestors

Jane Flanagan, Guest Speaker



ORUUC

Fifth Sunday Split the Plate Offering: <u>The</u> Minister's Discretionary Fund

Wear your Halloween costume to worship for the annual costume parade! After worship, join us in the Social Hall for coffee and treats. Adult and Youth Faith Formation classes take place from 11:15 to 12:15. Nursery is available. The Chili Cookoff begins at 12:15--\$5 suggested donation to purchase lunch. Trunk or Treat begins at 1 p.m.

Covid-19 Update: **Masks are** <u>not</u> required in the building; we have masks and hand sanitizer available, and we encourage you to do what makes you feel comfortable.



Trunk or Treat is this Sunday! Come to worship wearing your costume for the annual costume parade at the beginning of the service, stay for Faith Formation hour and lunch--chili! **Trunk or Treat begins at 1 p.m. in the parking lot--all are welcome to decorate their trunk and participate.** Bring your own treats to hand out, or bring a bag to church to donate. See you Sunday!

Fifth Sunday Split the Plate Offering: The Minister's Discretionary Fund

Every Sunday we share our offering 50/50 with a local agency, chosen by our members. On fifth Sundays, we give to our own benevolence fund, called the "Minister's Discretionary Fund."

That fund is available to help church members who are in a moment of financial crisis. Through the Minister's Discretionary Fund, we've been able to pay a month's rent or mortgage to help ORUUCians maintain their housing. We can pay for an unexpected medical, dental, or prescription bill that would otherwise max out someone's finances. We've paid utility bills to literally keep



the lights on. The fund is completely confidential.

The Minister's Discretionary Fund also helps people in the larger Oak Ridge community with utility bills, food, and gas. When folks in need call the church for emergency assistance, the Minister's Discretionary Fund is where the money comes from to pay a bill or offer relief.

The Minister's Discretionary Fund is available only through your generous contributions. Please <u>GIVE HERE</u> as you are willing and able, or **text** "ORUUC" to 73256.

Announcements

FINAL Cottage Meeting with the Ministerial Search Committee *TOMORROW* Saturday, Oct. 28 at 10:00 a.m.

MINISTERIAL SEARCH COMMITTEE Cottage Meetings



ORUUC

- Thursday, Oct. 19 at 5:30 p.m. Hearth Room
 Sunday, Oct. 22 at 11:15 a.m. Middle and High School rooms. Parents are invited to meet at the same time in the Hearth Room.
- Saturday, Oct. 28 at 10:00 a.m. Hearth Room

Share your input this month!

Ministerial Search Committee Cottage Meetings This Month:

- Saturday, October 14 at the Church Retreat
- Sunday, October 15, 11:15 a.m., in the Hearth Room
- Thursday, Oct. 19, 5:30 p.m. in the Hearth Room
- Sunday, Oct. 22, 11:15 a.m. Middle and High School Faith Formation Hour classes will offer their input. A parent meeting will be held at the same time in the Hearth Room
- Saturday, Oct. 28, 10:00 a.m. in the Hearth Room

In these meetings you will be asked to:

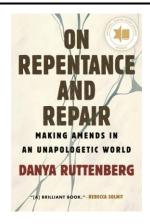
 Describe the church to a prospective minister
 Looking back, after our minister has been with us a year, what will be your measures of success?
 What achievements will make you say you're glad the minister is among us?

These sessions are a good way for those who prefer verbal communications rather than written - i.e. survey - to tell us what they think. They will be limited to one hour--no need to register, just show up and share your ideas. Thank you!

The Ministerial Search Committee Carol Beene Michael Bjerke Dave Dunkirk Patton Fishel Sarah Gunter Beth Meyer Christy White



This Sunday is the Chili Cookoff! **It's free to enter--no registration necessary--just show up with your favorite chili by noon and enjoy lunch!** \$5 suggested donation to sample chili and judge.



Copies of "On Repentance and Repair" are in! Pick up yours in the church office workroom. We are looking for a few coordinators for small discussion groups — if you are interested, contact Rev. Lisa at <u>rev.lisa@oruuc.org</u> or Nathaniel Bass at <u>nathaniel.k.bass@gmail.com</u>.



Safety in this day and age is a tricky concept, even in our sacred space. This fall, we'll have several open and respectful conversations about our church's safety policy, including discussions about firearms at ORUUC. The second Congregational Conversation on Safety will be on Zoom only Thursday, Nov. 2 at 7 p.m.

https://us06web.zoom.us/j/682663607?pwd=OEFGN1Vsemk rcmZrZ0UyY3FnVGJTZz09 Meeting ID: 682 663 607

Passcode: 678820. On Sunday, Nov. 5, we'll have our final inperson discussion after morning worship in the sanctuary. The conversation will be facilitated by Rev. Lisa and the safety task force, which includes members of the Board, Executive 3 Team, and Safety Team.

Announcements



The next step in the ministerial search process is the *Beyond Categorical Thinking Workshop* scheduled for Saturday, Nov. 4 from 10 a.m. to 1 p.m. The search committee extends this invitation personally to each of you, members and friends, to join us for this important meeting-in person or on ZOOM. A light working lunch will be provided for in-person attendees. Childcare will also be available.

Special Note to Board Members and Executive Team

& Church Leaders: The UUA Settlement Handbook especially recommends that **board members** and other **church leaders** attend - whether in person or by ZOOM.

The ministerial team sincerely hopes you all will find time in your busy schedule to join in the workshop.

PLEASE #1 Please register for the workshop by filling out this form:

<u>https://forms.gle/WU4nMarxcRnYuqME8</u> or stop by the table in the lobby this Sunday after service.

PLEASE #2 Our UUA presenter, Keith Kron, has asked us to **fill out his survey** before we meet on November 4 and submit as indicated. <u>Concerns & Benefits Form</u>

Finally: Here is the **Zoom invitation and link for the November 4 Beyond Categorical Thinking Workshop:**

ORUUC Zoom is inviting you to a scheduled Zoom meeting.

Topic: ORUUC - Beyond Categorical Thinking Workshop

Time: Nov 4, 2023 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting https://us06web.zoom.us/j/81134913549 Meeting ID: 811 3491 3549

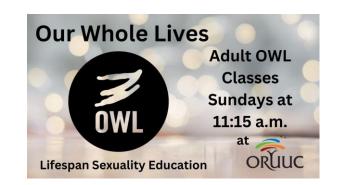
Thank you, The Ministerial Search Committee



Fresh Fruit for Kids Soup and Dessert Lunch is Back!

Fall is in the air and that means it's time for the Fresh Fruit for Kids Soup and Dessert fundraiser lunch on Sunday, Nov. 5 following the morning worship service at ORUUC. Vegan/vegetarian soups will be available. Join us for our popular classics of New Mexico Green Chili Stew and Pasta Fagioli and yummy homemade desserts.

Funds from these lunches are used to buy fresh fruit (usually apples) to supplement Second Harvest's Food for Kids Backpack program. The ORUUC program currently provides 482 pieces of fruit per week. All elementary schools in Oak Ridge, along with the Preschool/Head Start program, participate.



Adult OWL classes meet each Sunday during Faith Formation Hour through December 3--

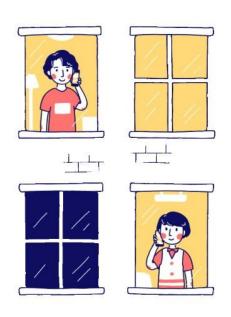
attend one, or a few, or all of them--it's up to you!

- 10/22 Language and Anatomy-
- 10/29 Sexuality and Gender Identity (SEIO Model)
- 11/5 Cultural Attitudes about Sexuality
- 11/12 Cultural Communication (Mass Media, Social Media, Pornography)
- 11/19 Body Image
- 11/26 Sexual Consent and Boundaries
- 12/3 Healthy Relationships
- 12/10 Aging, Change, and Sexuality (Special Time: Follows Congregational Meeting and includes possible celebration)

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For more information on these classes, contact Christine Rehder at <u>crehder@oruuc.org</u>.

Caring for Each Other



Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for October

Janet Fryer <u>fryerjanetr@gmail.com</u> 847-821-1205 (cell) Christina Elliott <u>christina.r.elliott@gmail.com</u> 865-214-0756 (cell)

Caring Coordinators for November

Christina Elliott <u>christina.r.elliott@gmail.com</u> 865-214-0756 Irene Robbins <u>Robbinsif1@comcast.net</u> 865-481-3427

Please call at least two days in advance to allow time for Caring Coordinators to find a volunteer to provide the care that you need. Our ability to provide transportation is limited. If your appointment is routine and/or can wait, please reschedule it rather than call a Caring Coordinator. Thank you for reserving our Caring Volunteers for those situations that address serious needs that cannot wait.

Meals for the Fishel Family



Earlier this month, Amanda Fishel had a serious fall at home. She was transported to UT Medical Center, where x-rays showed several breaks in her left fibula and tibia. She had surgery to insert a metal rod to aid the healing of these bones. Since then, she has been resting and healing at home. Amanda doesn't know what the timeline is for returning to normal activity, only that it won't be a short road.

The Caring Team at ORUUC would like to help the Fishel family by providing meals for the next several weeks. Casseroles, soups, and other dishes would be appreciated. *Please note: One family member has some sensitivity to dairy, so cheese is OK, but a cream-based soup is not. Otherwise, the sky's the limit.* If a dinner for four sounds like something you'd be willing and able to do in the next month or so, please sign up here. The Fishel family is appreciative of the kindness and support shown by friends at ORUUC.

Sign up here to provide a meal: https://mealtrain.com/ekd0oy

Pantry Needs and Thanks



Thanks to all those who have donated generously to the church pantry in recent weeks. **Our ongoing needs are still peanut butter, canned green vegetables, and canned fruit** to pack grocery bags for those in need. Please considering picking up a few of these the next time you go grocery shopping. Donations may be dropped off any time during church office hours (Monday through Friday, 9 a.m. to 3 p.m.) or on Sunday. Thank you! Your donations are greatly appreciated!

Ongoing Activities at ORUUC



Line Dancing Sundays at 3 p.m. We learn a variety of dances: country, jazz, waltz and cha-chas. Through our dancing, we bring together total strangers in the community and develop close friendships with the willingness to share individual talents with others. A donation of \$3 per session is suggested .For more information, contact Jo Curran or Steven Albright.



Tai Chi Mondays, Wednesdays, Fridays 11 a.m. – 12 noon

We minister to health & stability through learning & practicing tai chi. Help maintain & improve balance, strength, and blood pressure, and reduce knee, arm, shoulder & back pain. For more information call Janet Hoegler at 865-963-5115.



Ukulele Group

We're scheduled to meet Saturday, Nov. 4 and 18 at 3 p.m. in the Sanctuary. The next Coffeehouse has been announced - December 31. It's not too early to start thinking about what we could perform! We'd love to have you join us! Abbie Moore abbie.moore@icloud.com.

Social and Volunteer Opportunities



Meets monthly at various churches in Oak Ridge. Visit https://www.facebook.com/groups/3 71268369619360 or email Anne Backus backusanne@comcast.net for more information about PFLAG Oak Ridge.

Thanks to all who helped run Ecumenical Storehouse this month



Our next regular donation pickup date is Saturday, Nov. 18 from 9 a.m. to noon. This organization, which supplies furniture and household goods to those in need, is an important part of our community. There are many ways you can help, many of which don't involve heavy lifting. Please contact Martin Bauer at bauermlb@gmail.com for more information.



Eggs and Pegs are back! Play cribbage, eat breakfast, have fun! These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall.



ORRUC is always looking for members to add to its Caring Team! **Contact Rachel in the church office (865-483-6761) or**

<u>communications@oruuc.org</u> if you would be willing to be called upon occasionally to

- Provide transportation to Sunday services, evening events at church, or medical/dental appointments
- Run errands or grocery shop
- Provide/deliver meals
- Visit
- Perform minor home repairs
- Provide computer repair and support
- Haul items by truck
- Provide pet care
- Help with Memorial Service
 receptions
- Support new parents
- Perform yard work
- Sit with someone during Worship



Pack "Food for Kids" with Second Harvest at First United Methodist Church of Oak Ridge Monday, Nov. 6 at 12 noon in the Multipurpose Room. The bins of food will be delivered to the schools Tuesday, Nov. 7. Other packing dates for the fall are November 27 & 28, NONE IN DECEMBER. Questions? Contact Coordinator Cara Weigel at 865-481-8108.

Family News

Faith Formation Dates for 2023-24

- August 6 First Day of Youth Faith Formation
- September 15-16 Rummage Sale (Teens who volunteer during Rummage Week can earn money for the Youth Trip Fund!)
- September 30 October 16 OR Schools Fall
 Break
- October 1 Church Potluck (No Faith Formation)
- October 13-15 All Church Retreat (Harrison Bay State Park) (No Faith Formation)
- October 29 Trunk or Treat. Wear your costume to church and participate in the costume parade at the beginning of worship. Stay for classes and lunch, or come at 1 p.m. and join the fun!



- November 3-5 Fall Elementary Mountain CON
- November 12 12-5 p.m. Tamale Making
- November 17-19 <u>Fall Intermediate Mountain</u> <u>CON</u>
- December 2 9 a.m-4 p.m. Tamale Making
- December 3 12-5 p.m. Tamale Making
- December 1-3 –. Fall Senior High Mountain CON
- December 3 Cocoa and Caroling
- December 10 5th/6th OWL Parent Orientation
- January 7 5th/6th grade OWL Begins

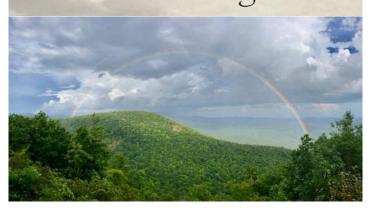
It's never too late to join Youth Faith Formation! Bring a friend! Check out our updated programming at <u>http://www.oruuc.org/religious-education</u>.



Childcare is provided for children ages 10 and under for church meetings and events. Please complete this form TWO WEEKS in advance:

https://form.jotform.com/231284551294053. Thank you!

The Mountain Retreat & Learning Center



Registration for Mountain CONs is NOW OPEN! Registration closes two weeks prior to the CON date.

- November 3-5 <u>Fall Elementary Mountain</u> <u>CON</u>
- November 17-19 <u>Fall Intermediate</u> <u>Mountain CON</u>
- December 1-3 <u>Fall Senior High Mountain</u> <u>CON</u>

Please email Christine Rehder at crehder@oruuc.org

when you register to let her know so that she can plan for advisors and transportation.



Mother Goose with ORUUC's own "Father Goose" Michael Raymond! Babies through preschoolers will have fun singing, clapping, dancing, and moving with their parents, grandparents, or other caregivers.

First and Third Thursdays ^{at} 10:30 a.m. in the Oak Ridge Public Library Meeting Room

Don't miss the next gatherings November 2 and 16!

View and sign up for the Oak Ridge Public Library's newsletter here:

https://mailchi.mp/oakridgetn/orploct23

November Worship Series Generosity

November 5: *Think of a Minister. Don't Think of an Elephant. Rev. Keith Kron, UUA*

November 12:

Cosmic Glory, Earthly Splendor

November 19:

Practicing Gratitude/ Bread Communion

November 26: **The Gift of Our Whole Lives**

Join us for Sunday Worship at 10 a.m. in person and on Zoom

Youth and Faith Formation classes are from 11:15 a.m. to 12:15 p.m. Nursery is available during the FF hour.



Community News



Religion, Violence, and Gender Tuesday, Nov. 7 11:30 a.m. to 1:00 p.m. ORUUC Social Hall

Dr. Rosalind Hackett, Professor Emerita, Department of Religious Studies, UTK, will discuss the intersectionality of religion, violence, and gender in the U.S., Europe, and Africa.

To find out more about upcoming League of Women Voters events, visit <u>https://my.lwv.org/tennessee/oak-</u> <u>ridge/calendar</u>.



On October 16th, winter coat collection will begin at all locations of Knoxville Area Rescue Ministries (KARM) Stores and Prestige Cleaners. Please encourage individuals, families and groups to gather unused coats and deliver them to a KARM Stores location. Beginning November 13th, customers with a Coats for the Cold ticket can "purchase" a coat at a KARM Stores location. ORUUC will receive coat vouchers to be given out at Stone Soup and on request. Last year, we distributed more than 150! More information on Coats for the Cold can be found at karm.org/coats-for-the-cold/.

In the ORUUC Gallery through January 7, 2024



Mix Media, Acrylic, 8" x 8"

Indra Sahu FineArtsARTIST

Originally from India, a grade teacher encouraged Indra to use her innate abilities to judge other students works, and correct their pencil sketches. This influenced her early life. She followed her heart and received a degree from Tagore Society of Fine Arts. Indra came to the United States and joined the Tennessee Artist Association. She did many commissioned works and exhibited her art in many juried shows, won awards at the Knoxville Museum Of Art, Knoxville Historical Society, Art and Culture Alliance, and Maryville College. Indra loves to travel and take photographs of native women and paint them. She does some volunteer work teaching Art in retirement homes and independent living facilities. She currently teaches art classes at her studio.

Indra holds a Bachelor's Degree in Arts, a Master's in Political Science, and a Bachelor's in Education.

Indra's works of art on display at ORUUC are available for purchase. She lives in Knoxville and can be reached at 865-414-8256 or <u>sahupaintings@gmail.com</u>.



Join Westside UU Minister Rev. Carol Bodeau for an earth-centered gathering each month, on third Sundays. We will sit in a sacred circle, share experiences of inspiration in nature, create ritual together, and set intentions for the coming month. Then we'll have time for food and fellowship. Meetings outdoors (weather permitting) at Westside at 3-6 p.m. https://fb.me/e/bK9hRhITh

This Week at ORUUUC

Friday, Oct. 27 9am Stone Soup prep 11am Tai Chi Practice 5:30-6:30pm Stone Soup Free Community Meal

Saturday, Oct. 28 10am Ministerial Search Input Meeting

Sunday, Oct. 29

10am Worship
11am High School
11am Together in Spirit
11:15am Adult OWL
11:15am Newcomers
11:15am Reflections
12:15pm Chili Cookoff
12:30pm Buddhism Study Group
1pm Trunk or Treat
1:30pm Book Club
3pm Line Dancing
3:45pm Circle of Trust IX
5-7pm Zentangle Group
5pm Christian Fellowship
Communion

Monday, Oct. 30 11am Tai Chi Practice 5pm Embers

<u>Tuesday, Oct. 31 Halloween</u> 6pm Depression and Anxiety Group

The deadline to submit news for *The Exponent* is <u>Wednesday at noon.</u> Please send news, comments, and feedback to Rachel at <u>communications@oruuc.org.</u>

Wednesday, Nov. 1 November Worship Theme: Generosity 6:30am Breakfast Rotary 11am Tai Chi Practice 11am Circle of Trust VIII 7pm Choir Practice 7:45pm Band Rehearsal

Thursday, Nov. 2 12:30pm Thursday Lunch Bunch 7pm Cornhole Game 7pm Congregational Conversation on Safety- Zoom only: https://us06web.zoom.us/j/6826636 07?pwd=OEFGN1VsemkrcmZrZ0 UyY3FnVGJTZz09 Meeting ID: 682 663 607 Passcode: 678820. On



If you have a flyer you would like to share on the church bulletin board about a community event, please leave it with the church office staff. Thank you!



809 Oak Ridge Turnpike Oak Ridge, TN 37830 Contact us at 865-483-6761 <u>http://www.oruuc.org/</u>



ORUUC Board of Trustees 2023-24

President: Jason Fishel Past President: Michele Thornton President-Elect: Kara Raymond Secretary: Nathaniel Bass Treasurer: Brandon White Members-at-Large: Freddie Nechtow Charles Davis Jami Garner Jen Stark

ORUUC Executive Team

Rev. Lisa Romantum Schwartz Christine Rehder Amanda Fishel Donna Maloney Jeannie Cuevas, Office Administrator

Sunday, Nov. 5 Think of a Minister. Don't Think of an Elephant. Rev. Keith Kron, UUA



Chances are you thought of both! And distinct images perhaps came to mind. In terms of a minister, what images came to mind? Was it a person of a particular gender, race, or age? Through our Congregational Survey and in Cottage Meetings, you have described our congregation and your ideal minister. We are ready to think "outside the box" as we continue our search for a settled minister.

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